

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Agustus 2023
Ratih Aprilita Wulandari

Asuhan Keperawatan pada Lansia dengan Masalah Keperawatan Risiko Jatuh di
Desa Glagahwero Kecamatan Panti Kabupaten Jember
XIII + 81 Halaman + 15 Tabel + 9 Lampiran

Abstrak

Latar Belakang: Kejadian jatuh pada usia lanjut sangat tinggi dan lansia berusia lebih dari 60 tahun akan mengalami peningkatan risiko jatuh sekitar 25-38% serta hampir sepertiga lansia memiliki riwayat jatuh yang berakibat pada cedera serius contohnya trauma kepala dan patah tulang pinggul. **Tujuan:** Menilai efektifitas intervensi latihan jalan tandem dalam asuhan keperawatan pada lansia dengan masalah keperawatan risiko jatuh di Kecamatan Panti Kabupaten Jember. **Metode:** Desain yang digunakan yaitu studi kasus berdasarkan tahap-tahap asuhan keperawatan seperti pengkajian, diagnosa, intervensi, implementasi dan evaluasi keperawatan. Subjek yang digunakan sebanyak 3 lansia dengan masalah keperawatan risiko jatuh. Intervensi dilakukan sebanyak tiga kali selama satu minggu. **Hasil:** Hasil evaluasi akhir dari ketiga klien didapatkan penurunan hasil TUGT (*Time Up and Go Test*). **Kesimpulan:** Latihan jalan tandem yang dilakukan membuktikan dapat menurunkan hasil *Time Up and Go Test* (TUGT) dan tidak ada kejadian jatuh berulang.

Kata Kunci: Lansia, Risiko Jatuh, Latihan Jalan Tandem

ABSTRACT

Abstract

**UNIVERSITY OF MUHAMMADIYAH JEMBER
NERS PROFESSION PROGRAM
FACULTY OF HEALTH SCIENCES**

*Final Scientific Paper, August 2023
Ratih Aprilita Wulandari*

*Nursing Care for the Elderly with Nursing Problems Risk of Falling in
Glagahwero village, Panti District, Jember Regency
XIII + 81 Pages + 15 Tables + 9 Appendices*

Abstract

Background: The incidence of falling in the elderly is very high and the elderly aged over 60 years will experience an increased risk of falling around 25-38% and almost a third of the elderly have a history of falls which result in serious injuries, for example head trauma and hip fractures. **The Purpose:** Assessing the effectiveness of tandem walking exercise interventions in nursing care for the elderly with nursing problems at risk of falling in Panti District, Jember Regency. **Method:** The design used is a case study based on the stages of nursing care such as assessment, diagnosis, intervention, implementation and evaluation of nursing. The subjects used were 3 elderly with nursing problems at risk of falling. The intervention was carried out three times for one week. **Results:** The results of the final evaluation of the three clients showed a decrease in the value of the TUGT (Time Up and Go Test). **Conclusion:** The tandem walking exercise proved to be able to reduce the results of the Time Up and Go Test (TUGT) and there were no recurring falls.

Keywords: *Elderly, Risk of Fall, Tandem Walking Exercise*